

The Ten Best Hair treatments

CHOSEN BY BETH DADSWELL
independent.co.uk/indybest



Kérastase
 The Masquintense contains proteins to nourish hair fibres and replenish moisture, whilst lipids coat the surface of the hair and help to protect against future damage.
Price: £25
 0800 316 4400



Fekkai
 Olive oil is a natural shine enhancer, as are jojoba, sweet almond oil and sunflower seeds, and when combined in this glossing shampoo they are brilliant at restoring a natural sheen. The stylish packaging will bring a touch of the spa to your bathroom.
Price: £18
 020-8740 2085



Philip B
 This luxurious Russian Amber Imperial shampoo nourishes and rejuvenates chemically damaged and mature hair. The healing and calming properties of Amber Oil are also said to relax the brain and induce pleasure.
Price: £100
 spacenk.co.uk



Korres
 Korres utilises medicinal herbs, Greek flora and active plant extracts in its products, and this Green Silt Hair & Scalp Scrub is silicon- and mineral oil-free, too. Suitable for dry, itchy scalps and dull-looking hair. Massage this on to your head twice weekly to encourage blood flow and remove dead skin cells. Leave on for 10 minutes, then wash out thoroughly.
Price: £18
 020-7581 6455



Redken
 Dry, brittle and coloured hair can suffer badly in the winter, which is where this great deep-conditioning treatment comes in. For intense moisturisation and noticeably softer hair, use this All Soft Silk Fuel twice a week. Worth packing if you are off to tropical climes, too, as it will help to prevent post-holiday sun damage.
Price: £15.35
 0800 085 4956



The Organic Pharmacy
 Dandruff is surprisingly common, especially now as temperatures start to change. This discreetly and stylishly packaged bottle of conditioning dandruff shampoo won't advertise your situation to all and sundry, and it is free from artificial preservatives, colourants, fragrance and petrochemicals.
Price: £19.53
 theorganicpharmacy.com



Neal's Yard Remedies
 Neal's Yard Remedies now has 40 UK stores, so you should be able to locate a bottle of this shine-enhancing Rosemary & Cedarwood treatment easily enough. A natural treat for your hair.
Price: £5.35
 nealsyardremedies.com



Aveda
 If your hair is looking a bit lacklustre and dull, try using a colour-enhancing shampoo to add a bit of shine. Suitable for brunettes wanting darker and richer tones, this Clove shampoo leaves a subtle layer of colour on your hair.
Price: £16.50
 aveda.co.uk



Ojon
 This rich, ultra hydrating shampoo contains oil taken from ojon trees in the Mosquitia region of Central America. The Miskito Indians have been using it to condition and protect their hair for centuries. Available at Liberty and John Lewis.
Price: £16
 0870 034 6700



Alfaparf
 This Semi di Lino Diamante Illuminating Mask includes linseed extract to smooth and Vitamin E to protect, and leaves hair exceptionally shiny and silky.
Price: £11.95
 salonfocus.com



THE FASHION AUDIT 02/03/09

We Love The Nails Inc cruise collection
 The catwalks are awash with fresh pastel tones, and Nails Inc have released four new shades to compliment your spring/summer purchases. Choose from (below, from left) Festival Pier, Little Venice, The Southbank and The Serpentine. So even if you can't afford a new summer wardrobe, your nails will be fashionably now. £20 for the set



We're Not Sure Cartoon T-shirts
 They were cute last year. And on Seth Cohen. But superhero T-shirts look brash and dated, and we can't help feeling their owners are trying to make up for something they themselves lack. Not a look to be seen out in any more. But a perfect one to sit home alone in, watching Buffy and waiting for the phone to ring.



We're Buying Jigsaw's clutch bag
 New season, new handbag; and a simple black clutch is a must. Mulberry, Martin Margiela and Chanel all have their pricey versions, but this leather envelope bag from Jigsaw will fill your bag void perfectly. With its shiny golden clasp, lizard-print calf leather and optional chain, it's £139 well spent.



We Can't Wait For Kurt Geiger shoes
 You have just one more week to wait for our favourite Kurt Geiger shoes of the season to hit the stores. Milliner's netting snakes up the heel and finishes in a dramatic gather at the top of these extravagant Eighties platform courts. £220.
GEMMA HAYWARD

